

Talking Therapies at WHiST

Counselling

Our qualified and experienced counsellors offer a wide range of counselling including, Person Centred Counselling, Cognitive Behavioural Therapy (CBT) and Psychodynamic Therapy operating to BACP standards and ethics. The service is delivered by our job share counselling coordinators, nine volunteer counsellors and a counsellor from Tyneside Rape Crisis Centre.

Our counselling service deals with all issues. The most predominant problems brought to the sessions by the women include depression and anxiety, relationship difficulties, family and child protection issues and physical and mental health issues.

Counselling enables women to understand their feelings, thoughts and behaviours to support them to make their own decisions and move forward with their life.

Women accessing counselling at WHiST can access additional wrap-around services available from WHiST including support groups, personal development courses and physical exercises. This holistic approach can reinforce motivation to make long term life changes.

“By helping me overcome my clinical depression I am now well enough to volunteer as a befriender and being able to help other people.”

“Fantastic service, it has actively supported me, I would have cost the NHS etc more money in medicines and being off work without the support.”

Women can self refer to WHiST for counselling by calling 0191 4546959. They will be offered an initial appointment for an assessment and then allocated an appropriate counsellor when an appointment becomes available. Counselling at WHiST is open ended with periodic reviews to determine how many sessions are required to meet the individual needs of the woman.

Information is available about our project on our web site www.whist.org.uk.